

University of Groningen

A sad day's night

Bouwmans, Maria

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2017

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Bouwmans, M. (2017). *A sad day's night: The dynamic role of sleep in the context of major depression*. [Thesis fully internal (DIV), University of Groningen]. Rijksuniversiteit Groningen.

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

A sad day's night

The dynamic role of sleep in the context
of major depression

Mara Bouwmans

Mara Bouwmans

A sad day's night: The dynamic role of sleep in the context of major depression

Cover image: Ward Klinkenberg. Based on "*Depression*" by Michele Leccese | www.micheleleccese.it

Lay-out: Mara Bouwmans

Printing: Impress BV, Woerden, The Netherlands

Paranymphs: Maaïke Meurs and Rei Monden

Publication of this dissertation was financially supported by the University Medical Center Groningen, the University of Groningen, and the Graduate School SHARE of the University Medical Center Groningen.

ISBN: 978-90-367-9391-9 (printed version)

ISBN: 978-90-367-9390-2 (digital version)

© 2016, Mara Bouwmans



rijksuniversiteit
 groningen

A sad day's night

The dynamic role of sleep in the context
 of major depression

Proefschrift

ter verkrijging van de graad van doctor aan de
 Rijksuniversiteit Groningen
 op gezag van de
 rector magnificus prof. dr. E. Sterken
 en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op

woensdag 8 februari 2017 om 14.30 uur

door

Maria Elisabeth Johanna Bouwmans

geboren op 12 augustus 1988
 te Deurne

Promotores

Prof. P. de Jonge

Prof. A.J. Oldehinkel

Copromotores

Dr. E.H. Bos

Dr. H.J. Conradi

Beoordelingscommissie

Prof. P.L.C. van Geert

Prof. E. van Someren

Prof. M.C. Wichers

Table of contents

Chapter 1.	General Introduction	7
Chapter 2.	Intra- and interindividual variability of longitudinal daytime melatonin secretion patterns in depressed and non-depressed individuals	17
Chapter 3.	The dynamic interplay of melatonin, affect, and fatigue in the context of sleep and depression	31
Chapter 4.	Sleep quality predicts positive and negative affect but not vice versa. An electronic diary study in depressed and healthy individuals	49
Chapter 5.	The temporal order of changes in physical activity and subjective sleep in depressed versus non-depressed individuals: findings from the MOOVD study	69
Chapter 6.	Bidirectionality between sleep symptoms and core depressive symptoms and their long-term course in major depression.	87
Chapter 7.	General Summary and Discussion	111
	Nederlandstalige samenvatting	123
	Dankwoord	133
	About the author and list of publications	139
	SHARE	145

